

HERE'S TO FREEDOM President Aquino (left) raises his glass in a toast at the traditional rito ceremony in Manila today to celebrate the country's 118th Independence Day on Tuesday. Leading the toast with the President are Foreign Secretary Albert del Rosario and Pangelinan Archbishop Gaudencio Brindley. More photos of Independence Day rites on Page A11.

Aquino: CJ ouster brightens democracy

By Norman Bordadora

MANILA, Bulacan—In an Independence Day speech, President Aquino said the removal of Chief Justice Renato Corona brightened the future of democracy in the country.

Mr. Aquino led the flag-raising and month-long commemoration yesterday at Barasoili Church here, where the first Philippine Constitution was drafted and where the first Republic was proclaimed during the struggle against 333 years of Spanish colonial rule.

The Constitution that should be the refuge of the nation's people has become the plaything of those who act like kings. They know as if they hold the shield of justice, as if they are licensed to change,

Rizal Park by night shines with extra glow

By Jocelyn R. Uy

MANILA—The "land of heroes," Manila's Rizal Park was illuminated with extra glow yesterday.

To mark the country's 118th Independence Day, the Department of Tourism (DOT) and the National Parks Development Commission (NPDC) on Monday night carried out a coronation lighting of the Rizal Monument to launch the park's switch from traditional lighting to LED (light-emitting diode).

The use of a LED bulb is growing in popularity due to its low energy consumption, the quality of its light and its long life.

US deploys most advanced warships, jets to Asia

PEARL HARBOR, Hawaii—The commander of the Pacific Fleet on Monday said the US Navy would be sending its most advanced warships, submarines and fighter jets to the Asia-Pacific region as China modernized its own naval forces at breakneck speed.

Henares: I have edge over CJ bets



BARASOILI CHURCH President Aquino lays a wreath at the base of the statue of Gen. Emilio Aguinaldo after leading a flag-raising ceremony in front of historic Barasoili Church in Malolos, Bulacan province, where the first Philippine Constitution was drafted and the first Republic was proclaimed.

'I saw the hardships; you have to fight the system'

By Norman Bordadora, Marcos Roxas and Jerome Aring

INTERNAL Revenue Commissioner Kim Henares, President Aquino's shooting buddy and front-runner for the seat of ousted Chief Justice Renato Corona, said yesterday she had the edge over all candidates for top magistrate.

In a chance interview during the traditional diplomatic reception on Independence Day in Malolos, Henares said she was being hard by the opportunity the position of Chief Justice offered to undertake reforms in the judiciary.

"I've experienced the complexities of people about the administration system, from arbitra-

tion in the National Labor Relations Commission, all the way to fighting for your rights, so it's something against big establishments," said Henares, an accountant and lawyer.

"So, I would say that I have an advantage over all the other people because I personally experienced all in the system."

Kids sired by older dads live longer, says study

NEW YORK—Finally, some good news for older fathers. A new study hints that their children and even their grandchildren may get a health benefit because of their older age.

It's based on research into something called telomeres—bits on the ends of chromosomes. The researchers' work involved an analysis of



The flag of our fathers and mothers

By Bryan Anthony C. Paraske

(Editor's Note: The author is the director of the National Historical Commission of the Philippines.)

CORRECTION Of the iconic images of the 20th century is undoubtedly the raising of the US flag on the peak of Mount Suribachi on Iwo

COMMENTARY

Atsuta Island during the American offensive against Japan at the Battle of Iwo Jima on Feb. 23, 1945.

The picture, taken by American photographer Joe Rosenthal, earned for US Marines and a US Navy corpsman strug-

gling to raise the Stars and Stripes amid a black war-torn landscape.

This earned for Rosenthal the 1945 Pulitzer Prize for photography, and his photograph became widely popular for it represented

the flag as a symbol of victory.

People urged to see first PH flag before it crumbles

new ship to Singapore next year.

The Pacific Fleet commander said squadrons of the EA-18G plane—which could jam enemy air defenses and fly faster than the speed of sound—would also soon be coming to the region.

INQUIRER

A MUST HAVE THIS SCHOOL YEAR

This school year, why not give your child a mobile broadband? As Internet evolves into one of today's necessities, a mobile broadband is a must have to access information anywhere. As a tool for learning, your future Einstein can use this to research for projects, to break up to math equations, and to discover their world anytime and anywhere. And it need not be expensive! For as low as P5.83 per hour of surfing, get the mobile broadband that your little genius deserves! If you subscribe to Sun Broadband's Plan 2100.

To know more about Sun's affordable broadband plans, visit The Sun Shop or log on to www.sunbroadband.com.ph



NATION

After 90 years, US Medal of Honor returned to Nisperos heirs / A17

NEWS

LP to woo Koko if he drops out of UNA slate / A2

WORLD

Egypt's jailed Mubarak in coma / A28

BUSINESS

SMC to offer P80B worth of shares / B1

ROBINSONS RESIDENCES

CITY LIVING DONE RIGHT

Live in the heart of the city so you can focus on life's more important things.

At Robinsons Residences, we build premium-branded projects with modern-day conveniences that afford you to do just that. We make city living easier for you so that you can get more out of life. That's what city living done right is all about, and we're doing it for you.



• More Time To Do More

Live in the heart of the central business district so you can easily access to work, schools, leisure and entertainment destinations.



• More personal space

Comfortable and efficient unit spaces, lesser units per floor for more privacy.



• Recharge and Play

Swim, sunbathe, and relax where you can, relax and recharge in the comfort of your own place.



• Lifestyle perks and privileges

Digital concierge services at your fingertips for your convenience. Privilege Lifestyle Card which entitles you to dining, hotel, shopping and entertainment perks.

Live in the city with the following Robinsons Residences projects:



THE URBAN TOWERS
Bonifacio Global City



Bonifacio Global City



THE MAGNOLIA
Bonifacio Global City



Bonifacio Global City



Robinsons
Cyberspace Complex



Garden Heights
Robinsons
Cyberspace Complex



THE GATEWAY PLACE
Robinsons
Cyberspace Complex



THE GREEN
Singapore



VIMALA VERDE
Singapore



AZALEA
Singapore

Call: (02) 636-0888 or 0932-8380777
Log on to www.robinsonsresidences.com



ROBINSONS LAND
CORPORATION

12708 - 1284 1285 1286 1287 1288 1289



FILINVEST

"Sobrang love ko ang Filinvest-
for building the Filipino dream."

-Kris Aquino

Almost 50 years of building quality homes and lifestyles.

Filinvest continues to offer Filipinos the quality of life they deserve. A trusted name in providing well-crafted homes, inspiring townships and vibrant cities. With a diverse property portfolio spanning the archipelago, Filinvest takes Filipinos through life's important milestones—helping them achieve their ultimate dream of a place they can truly call home.



Higher Living

Experience the best of high-rise living with innovative projects especially created for modern urbanites. From its easy Studio series, to luxurious penthouses and exclusive Villas, you will surely find one that suits your dynamic lifestyle.



Oasis in the City

Escape to your own patch of green in the city with relaxing amenities located in prime urban areas. Filinvest's Oasis communities feature stylish and nice buildings, and maximized amenities and verdant landscapes.



Distinctive Homes

Find your dream home here: themed and master-planned townships in family-friendly locations. From its affordable Future Homes, to premier residences and growing live areas, Filinvest has the perfect match for families in various stages of life.



Lifestyle Choices

Live your passions with malls, retail and 5 office hubs, and leisure developments that open up a world of options for an exciting lifestyle.



Independence 2012- Fighting for Freedom in our 50s

For years, we would jointly resolve to save and as we failed, we would jointly resolve to try harder next time. At some point, we all just gave up trying and admitted we could not save of our own volition. We had to find a mechanism for forced savings!

There are no gains and no geographical distances that we are at war over today, except that the conflict is about our finances. We should be fighting every day for freedom from having to work around our bills (Why do we have to wait for mandatory retirement?) We should be fighting up our health as we grow old. We should be fighting in a hot-to-and-cold way, our ability to finance it. We should, we should, we should. Did we we really?

It seems like we're keeping the war every month to meet sales and 30-70% sales discounts. We big discount group keep for things we rarely use and we sell with huge discounts for the 1% who have taken three times in the last year.

It's true what the BPI says that only 20% of Filipinos are saving aside money in the bank, how much less prepared are our retirement? It is made that difficult to save for the golden years? How do we fight this

issue? (What does money mean to you?)

Know the enemy, know yourself!

Knowing the enemy is knowing all international finance resources (including the road to financial stability) begins with planning. It comes from old planning is critical. But isn't the plan only as good as the execution? And here, too, the greatest plans failed on account of poor execution!

Perhaps we should write the great plan for when the day, if you know

your enemy and know yourself, you will not be surprised in a hundred battles." When saving for retirement, sometimes the biggest obstacle and our greatest enemy is our own self.

Many of us are guilty of not being able to see our financial plan through. Some of us lack the determination and the discipline to save first and spend when left. Being the happy people that Filipinos are, we just don't like to think about our vul-

nerability or getting sick, or growing old. We are even the positive thinkers, and the best news service and of us is fairly well trained to survive.

If we think we're hooked, our first concern should not be determining the amount of money we should save, how to save and for what purpose. The first concern is whether or not we, you and I, actually have the discipline save, then we will be able to save the plan and the commitment to live better!

As tradition would have it, I meet with friends at the start of the year to keep abreast and plan ahead. Our goal is to make friends throughout the lifetime. In these the world after we have seen our children through college. For years, we would jointly resolve to save and as we failed, we would jointly resolve to try harder next time. At some point, we all just gave up trying and admitted we could not save of our own volition. We had to find a mechanism for forced savings!

Forcing the way to financial freedom

Thankfully, there are many such financial instruments today. From the country's leading financial innovator, Bank of the Philippine Islands, there is Save Up which comes in two variants. These instruments are designed to automatically draw and accumulate a predetermined amount of money from your BPI payroll account. Save Up comes with life and accident insurance coverage when the other variant, Save Up High offers higher interest on your money.

With saving up becomes automatic with these accounts, they help make with clearing your money a bit of hassle as they don't go with ATMs, now also known as online automatic transfers. These accounts can still be easily managed through BPI's mobile and online banking facilities. Save Up and Save Up High are great products for the money savers and young professionals who want to gain financial independence early.

Retirement. Will you wait forever to do it?



For the more matured, more advanced in their careers, and more established in their financial position, consider enrolling into BPI Asset Management's automatic investments through a facility called Paygo or Subscription Plan. BPI-ASP automatically transfers money from your BPI payroll account to your investment account on a monthly, quarterly or annual basis.

Not only does BPI help maximize your savings objectives, it also allows you the benefit of cost-averaging. With cost-averaging, as you buy shares on daily - sometimes when prices are high and sometimes when prices are low, over time your investment could well average out. That means you won't have to spend considerable time analyzing markets and attempting to buy when prices are low. Neither will you need to stress over having missed opportunities when the market starts to rise and you haven't bought it when they were at their best.

Ready is anything "best" anywhere close to "good", that where the Filipinos retirement planning and financial wellness is at stake, better maybe we need to look to financial freedom's second step.

Discover BPI's Save-Up, Save-Up High and BPI Asset Management's Regular Subscription Plan today. Visit www.bpiexpressonline.com or talk to us on facebook.com/bpi.



Let's make it easy.

The luxury to relish the best things in life shouldn't take a lifetime to work for. If as early retirement is your ultimate career goal, we can help make it happen sooner with personalized financial advice and solutions.

Talk to us online or visit our branches today.

facebook.com/bpi

Wealth-building
Expertise

Dedicated Relationship
Managers

Easy Access to Loans

WE'RE NOW FLYING TO HONG KONG & MACAU

BRAND NEW AIRBUS
AWESOME LOW FARES



Fly from

Clark (Pampanga)

Daily Flight

→ **Macau**

→ **Hong Kong**

ALL IN
FARE
FROM
PHP

588

ALL IN
FARE
FROM
PHP

688

Booking Period: 13 - 19 Jun 2012 Travel Period: 19 Jul 2012 - 31 Jan 2013

020-888-8888

Check our low fares only at
airasia.com



Follow us on Facebook
@airasia_philippines
and Twitter
@airasia_philippines



Call Centre
+63 2 888 8888



Baggage Check-in
on-board and ask us to GOM

Now Everyone Can Fly

AirAsia.com

Please see our Conditions of Flight provided by PH only. Airfare is not refundable and may not be available on all flights, routes, dates, aircrafts, and seasons. Passengers must adhere to security rules, baggage rules, and other rules. Airfare is not refundable. All other rules and conditions of sale may apply. Subject to change without notice. Rights and conditions of sale may vary. Subject to change without notice.




The clear choice of Sharon.

"As someone who eats with her eyes even more than her mouth, my hunger for cooking shows can only be satisfied by the best connection provider for me.

Cignal.

It's 100% digital, 100% clear—so not only did the onions make my mouth water, they made my eyes water as well!

Plus, with Cignal's long list of HD channels nationwide, one thing's for sure—whether I'm craving for Asian or European, my eyes are in for a visual feast! "



The clear choice of Derek.

"Treadmill and TV: that's the perfect routine for me.
So the connection provider has to be just as perfect.

In fact, that's how I choose gyms—they gotta be on Cignal!

It's 100% digital, 100% clear, so while my body is undergoing
an extreme workout, my eyes are getting an extremely
pleasurable visual massage!

Plus, with Cignal's long list of HD channels nationwide, I've got more
than enough shows for my 10K warm-up—and my 15K cool down! "

By Yolanda Settle-Cox

Los Angeles City, La Union

INQUIRER Northern Luzon



After 90 years, US medal of honor returned to heirs of Filipino soldier

By Yolanda Settle

Los Angeles City, La Union

EVEN WHEN she was a young girl, Maria Delilah Tamarac, 46, had always been fascinated by the framed, faded magazine article displayed on the wall of her grandmother's house in San Fernando City in La Union.

The Philippine Free Press article, written in 1957 by Yolanda Settle, now 80, "The First Filipino Recipient of the US Congressional Medal of Honor," and talks about Tamarac's great-grandfather, Private Juan Nispero, of the 34th Company of the Philippine Scouts.

Nispero was the first Filipino and American to be awarded the highest US military honor. "I kept on reading the story about how close and wonderful where the medal was," Tamarac said.

When she was 18, she accompanied her Lola Gita (Nispero's daughter) to Manila, 400 km from the house, for grandmother's burial and stayed to stay.

"I understood that deep in her heart there was no chance of that chapter in their life. I promised her then, 'When I grow up, I will never let my life be in the shadow of her search. I will make the same promise to her sister, Leticia and Concepcion,'" Tamarac said.

Her grandmother had told her that a military took the medal from Nispero's chest in 1952, supposedly to help Nispero's widow, Dolores, claim benefits from the American government.

But since that day, his family never saw the medal.

Missing

It was five years ago when Tamarac embarked on a mission to find the medal, meeting different people along the way, some of whom said to wait at least a year or two.

"There were people coming from the United States promising to be serious and coming about 100 km. They said they could help us approach people to get a back, for a fee of \$5,000. Of course, we did not have that money to give them," she said.

But Tamarac's effort and patience have paid off. After 90 years, Nispero's Medal of Honor is now with the family by kidnapping.

"After 90 years of praying and hoping, the medal of our great Lola Gita—the first Filipino, the first Philippine Scout, the first Asian and the first non-American recipient of the Medal of Honor for valor, the highest US military award—was given back to us, the rightful heirs," Tamarac said.

San Fernando Mayor Pablo Ordoñez is instrumental in locating the medal, she said.

Ordoñez appeared through the media to spread information on the missing medal and sought its return to the family.

Early this month, the mayor's friend, an antique dealer who was in a shopping mall in Manila Island, informed him that he knew the collector who bought Nispero's medal at an auction of the Philippine National and Antiquarian Society in 2004.

Tamarac said the collector, who asked not to be identified, learned about the family search and appeal from media reports. A meeting to return the medal's return was then set.

"The family saw the collection on June 7 and he just gave it back to us, without asking for anything in return," Tamarac said.

Ecstasy

Tamarac was ecstatic when she read her great-grandfather's name engraved on the medal.

"My grandmother, Gita, her sisters Leticia and Concepcion and cousin sister Virginia never saw the medal in their lifetime. There are promises to them that have been fulfilled," Tamarac said.

According to Ordoñez, the collection was the medal to be placed in the cemetery of the city government and displayed in a museum. The medal, he said, would be kept in a vault of a government bank until the day they are up to museum.

Dismantled gallery

In General Order No. 66 issued on Nov. 25, 1911, the US War Department honored Nispero with the medal for "most distinguished gallantry" after he captured a group of rebels who attacked the 34th Company of the Philippine Scouts in Marikina on Sept. 30, 1911.

"During [my] family's search, this link was broken and lost and it had several good wounds in the body as it could not stand. Private Nispero continued to live his life with one hand until the money was repaid, directly adding materially to preserving the constitution of his party and the maintenance of their bodies," read the citation.

During that time at the General Order No. 66, 1911, Nispero received the medal from Brig. Gen. Franklin Bell, the commanding general

of the US Army's Philippine Division.

The US Army discharged Nispero and gave him a pension of \$50 a month. He died at age 54 in 1952 following an illness.

"Lola Gita left behind six sons, Concepcion and three young daughters: Gilda Concepcion, Leticia Pineda and Concepcion. The pension never came and Dolores worked as a maid to support the family," Tamarac said.

The Philippines Free Press article on Nispero showing photograph of his US Congressional Medal of Honor



Finally, CustoMed Care.™ What healthcare should be.

To get the best possible healthcare,
you need the best healthcare team.

At The Medical City, that team includes you.

We recognize that you are unique — the synergy of your genes, history and lifestyle. Together, we harness your uniqueness to customize your care.

Customized Care™ — customized healthcare that works best for you.
Only at The Medical City.



THE MEDICAL CITY
Where Patients Are Partners

Phone: 602.966.1000 • 602.966.1000
Email: info@themedicalcity.com
Website: www.themedicalcity.com



Accredited by the
Joint Commission



CustoMed Care

by IntelliNet

MANILA BUREAU
Tel: (632) 886 8888
Fax: (632) 886 8889
E-mail: dila@inquirer.net

MANILA BUREAU
Tel: (632) 886 8888
Fax: (632) 886 8889
E-mail: dila@inquirer.net

Across the NATION

Manila Bureau Tel: (632) 886 8888 Fax: (632) 886 8889 E-mail: dila@inquirer.net

MANILA BUREAU
Tel: (632) 886 8888
Fax: (632) 886 8889
E-mail: dila@inquirer.net

MANILA BUREAU
Tel: (632) 886 8888
Fax: (632) 886 8889
E-mail: dila@inquirer.net

P-Noy told Arroyo EO legalized armed groups

DAVAO CITY—Mindanao-based non-governmental organizations are calling on President Aquino to revoke an executive order issued by his predecessor, Gloria Macapagal-Arroyo, that the groups add alleged private armies to those reported to the Autonomous Region in Muslim Mindanao.

Aquino, once denounced for an electoral sabotage case, issued Executive Order No. 94 in August 2006 allowing the use of armed village watchmen for local peace and order campaigns.

The EO also allowed reports and governments to make funds from their local governments to finance their operations of the armed watchmen.

The groups, which came together under a coalition called Free Our Salawats Movement, said the groups' EO gave legal cover to private armies that participate, like the Ampatuan of Maguindanao province and the Tausug of Sulu province, and to armed groups, including their recruits and keep dissidents in power.

The movement is named after a Mindanao politician turned human rights activist accused of involvement in the 2003-04 Marikina massacre, that of Tausug to small towns in Sulu. The "to" is the very name of the state of Sulu in Sulu, "dermatomata."

The movement said the government said the movement's constitution is "national" and levels of force.

The movement said it was called the movement to end the violence in Sulu. It is the goal of helping disarmed watchmen, but which was heavily protested for being disarmed.

The Aquino administration has been accused of being disarmed. The movement's constitution is signed by president Aquino. The movement's constitution is signed by president Aquino. The movement's constitution is signed by president Aquino.

In his statement, he said the movement is named after a Mindanao politician turned human rights activist accused of involvement in the 2003-04 Marikina massacre, that of Tausug to small towns in Sulu. The "to" is the very name of the state of Sulu in Sulu, "dermatomata."



WONDER OF SATELLITE
Residents in Davao, Cebu province, take a break from their routine of bringing tourists to visit their watchmen's area to watch the Philippine Red Cross team's surveying of a new satellite dish.

Dengue cases swamp hospitals

By the Inquirer Bureau

GOVERNMENT hospitals in Davao City are turning away dengue patients from Davao del Sur province because they are finding it difficult to handle the increasing number of patients in the city, a health official said on Tuesday.

In several provinces across the country, health officials have asked the public to be vigilant and keep their surroundings clean to reduce the number of dengue cases.

Residents from the Davao City health office said the city had 95 dengue cases in May alone, from January to May, however, 12 patients had died from the mosquito-borne disease.

This disease, provincial dengue prevention coordinator, said the information on the transmission of patients from

davao for vaccination, Davao said.

The said the number of dengue cases in Davao del Sur had not reached an alarming level, with 178 cases recorded from January to May. The said health officials had expected the increase with the onset of the rainy season.

At a press conference for the rainy season, the Davao health officials said the number of dengue cases had been recorded.

In Baguio province, more than 600 people, mostly children, have been affected with dengue fever in 44 of 48 towns and cities since January, the year's projected health of local said.

Dr. Anna Ma. Teresa de Guzman said the year's number of cases was 15 percent more than

that of last year's 238 cases from January to June.

Deaths

Two deaths from the town of Baguio and Baguio were recorded this year.

In Baguio province, the health office of Baguio City, said a dengue outbreak had been declared in the city due to the sheer number of cases reported from January to May.

Records from the provincial health office showed that in 2010, there had been 229 dengue cases from January to April, higher than the 134 cases recorded in the same period last year.

In Baguio City, Dr. Trinidad Hernandez, city health officer, said the number of cases from January to May had reached 329 with six deaths. The number of cases in 475 percent higher

than the 72 cases with two deaths recorded in the same period last year.

Rainy season

Records said the rainy season in 2010 was the most severe in the history of the city since the onset of the rainy season which coincides with the increase of breeding grounds for mosquitoes.

In Baguio province, the health department in Baguio City warned the public to be more vigilant as the number of dengue cases increased to 10 in the city in the last two months.

City health officer Dr. Trinidad Hernandez said the number of dengue cases in 2010 was the most severe in the history of the city since the onset of the rainy season which coincides with the increase of breeding grounds for mosquitoes.

P80,000 haircut ritual marks boys' passage to manhood

By Edgardo Espinoza
Inquirer Baguio Bureau

BAGUIO, Baguio—Workers of Pinar del Rio, Baguio, and his 7-year-old brother, Davao, said their parents' P80,000 haircut ritual marks the passage of their son to manhood.

The boys had been living with their parents in Baguio, but were moved by their parents to live with their grandparents in Baguio.

At home in a baguio house, the boys' parents said the haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

A haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

of the Interior and Local Government Department, P80,000.

Expensive haircut

In fact, his haircut practice is not because of his high cost haircut, more P80,000.

His haircut practice is not because of his high cost haircut, more P80,000.

His haircut practice is not because of his high cost haircut, more P80,000.

His haircut practice is not because of his high cost haircut, more P80,000.

His haircut practice is not because of his high cost haircut, more P80,000.

His haircut practice is not because of his high cost haircut, more P80,000.

His haircut practice is not because of his high cost haircut, more P80,000.



BIG CUT—A haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

of the haircut ritual.

In 2010, the boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

In 2010, the boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

In 2010, the boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

thoughtful instead to feed people who come to his table.

Ritual's relevance

This year, to augment the haircut ritual, Baguio said he had to be more vigilant.

At home in a baguio house, the boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

The haircut ritual marks the passage of their son to manhood. The boys' parents said the haircut ritual marks the passage of their son to manhood.

Teaching minds, touching hearts and transforming lives,
332 years ago, **St. John Baptist de La Salle**
reinvented education.

In 1911, Nine **La Salle** Brothers
arrived to open the first **La Salle** school in the Philippines.

Today, 17 **La Salle** Schools
continue to reinvent education.



WE ARE ONE LA SALLE

SERVING GOD AND COUNTRY

ALABANG DE LA SALLE SANTIAGO ZORIL SCHOOL **ANTIPOL** LA SALLE COLLEGE ANTIPOL

BACOLOD UNIVERSITY OF DE LA SALLE • ST. JOSEPH SCHOOL-LA SALLE **BAGUIO** JAIME DELA ROSA INTEGRATED SCHOOL-LA SALLE

CEBU DE LA SALLE JOHN BOSCO COLLEGE **DAVAO** DE LA SALLE CAMARINE

ENCOMIEN DE LA SALLE UNIVERSITY-DASMARINAS • DE LA SALLE HEALTH SCIENCES INSTITUTE **ILOILO** LA SALLE ACADEMY

LIPA DE LA SALLE LIPA **MALABON** DE LA SALLE AMARITA UNIVERSITY **MARIKINA** LA SALLE GREEN HILLS

MANILA DE LA SALLE UNIVERSITY • DE LA SALLE COLLEGE OF SAINT MARCEL **QUEZON** LA SALLE UNIVERSITY

TOLEDO DE LA SALLE ANDRES BORDADO MEMORIAL COLLEGE

CENTENNIAL CULMINATING EVENTS

The De La Salle University Campus
will be open to the public from
2 pm onwards on Friday,
June 15. An Entrance fee of
₱500 pesos will be charged as
a donation to the Don La Salle
Scholarship Fund. Entrance is free
for students with valid School IDs
from any La Salle school.



De La Salle
1911-2011

- June 13 (FRIDAY)**
- Conferential Tea Market & National Market of Conventual Market Shopping
9 am, La Salle University Museum Galleries,
De La Salle University (DLSU), Manila
 - National Conventual Lecture Forum on
LaSalle Pedagogy
7 pm, Auditorium of De La Salle University,
De La Salle University (DLSU), Manila
 - Rush Hour: A Centennial Dinner for the De La Salle College
De La Salle University (DLSU) and MS Faculty & Staff
7 pm, Plaza Comendador De La Salle University (DLSU), Manila

- June 14 (SATURDAY)**
- Meeting of the Ecclesiological Com
7:30 am, Auditorium, De La Salle University (DLSU), Manila
 - Conventual Morning Mass
7 am, Basilica of the Holy Spirit and
St. Francis Xavier, La Salle University (DLSU), Manila
 - Senior Staff Night: Reflecting on the Next 100 years of
LaSalle Action
6:30 pm - 2 am, Blue Room (Auditorium) DLSU, Manila
and Main Galleries, Conventual Evening (DLSU), Manila

- June 15 (SUNDAY)**
- Centennial Celebrating Sacraments Celebration
9 am, Main Chapel (Auditorium) DLSU, Manila
De La Salle University (DLSU), Manila
 - Blowing of the Horns to Start Community Solidarity
Laurels of DLSU Science & Technology Complex (DLSU) STC
 - Antim: Tugat: The 150-Second Challenge
Cebu City
 - 9 am, Holy Spirit, De La Salle University (DLSU), Manila
 - LaSalleAction
9 am, Auditorium, De La Salle University (DLSU), Manila
 - Fireworks

- June 16 (SUNDAY)**
- Midnight Mass (DLSU) and MS STC
 - The Evening Prayer: A Blessing for a Century
from Light to Darkness
7 pm, De La Salle University (DLSU), Manila

- June 17 (MONDAY)**
- Requiem Mass
9 am, Main Chapel (Auditorium) DLSU, Manila
De La Salle University (DLSU), Manila
 - Women LaSalle Day Presentation
9 am, Auditorium, De La Salle University (DLSU), Manila



EMPT, CAVES Transportation Secretary Mar-Beno holds the national story where it all began in Kauai, Costa.



ALL HANDS: Westcott, Spence (center) with the Cub Scouts leads a flag-raising ceremony in front of Riverside Church.



MANILA CITY Tourism Secretary Renato J. Reyes Jr. places a wreath at the gate of the Ferdinand Marcos Indagating Cynicism the President Shrine. Reyes led the first anniversary of Philippine independence from Spain 114



W244. PNH
A giant
Philippine
flag is
unfurled at
Mind Park. It
is the
ultimate
symbol of the
Filipino
struggle to
gain
independence,
identity and
nationalism.





CRUCCIAN CITY Justice Secretary Lalla del'Uma with Catholic Mayor Rosendo Olivera lead investigators on day three in Culiacan City.



END OF PROTEST? Farmers and militants burn the 'hail' (small) effigy of President Aquino during a rally in Marikina bridge in Manila to demand political and reform. <http://www.foxnews.com>

Militants slam P-Noy, call him 'farm pest'

Dr. Benjamin L. Anderson

US will not submit pressure necessary to secure an end of First World War, demonstrating that a "Latinized" and "Latinized" world is not a true independence without peace and order and with its own peace in the future.

It is important for Argentina to see that this government is fighting for new nations, where the only enemy is "Latinized" and "Latinized" world, which is the only enemy of Argentina.

The government wants to prevent any colonial and neocolonial past by following the continuing of foreign troops on Philippine soil and by following foreign interests in the Philippines.

It is important for Argentina to see that this government is fighting for new nations, where the only enemy is "Latinized" and "Latinized" world, which is the only enemy of Argentina.

The protesters marched to Dean China Brown Bridge, the newly demolished, seaside Malakal wharf, and held a photo session of Aquino on a wall.

The rally stood for "Peace for Paradise Isle and Poppo Sea," said Willie Marbella, deputy secretary general of Glos, who was elected to Filipino House Representative in 1998. He said the President was "a part to the Filipino journey."

"There is no genuine freedom and democracy," he said. "The international U.S. economic, political, cultural and military intervention, coupled with Aquino's

land property in the tug-of-war on Philippine independence." *Manila Times*

Reyes said his Aquino "would not share [Aquino's] economic and social views." He said the Aquinos are currently losing tactical advantage by being too liberal, mainly the US.

"We cannot reject political and economic viewpoints when we are talking about the Aquino family as dominant on Aquino because of his willing to have his society modernized," he said.

Reyes further maintained that under the present administration, there would be no freedom from fear, pursuing no freedom from tyranny and no acquisition of the legitimate cause of going after the corrupt class as future generations would be left undisciplined and weakened by ignorance.

While Aquino lacks the importance of the Clark Airfield, according to Reyes, it remains off limits because of strategic importance. "It is not an end in itself," Reyes explained.

Following a three-hour visit to the bridge, the press party proceeded toward the 10th Embassy on the 10th Avenue, the residence of TMM, Kalan and Malina, a three-story, a block away.

The press party apparently took through a chauffeur of 54 years old, who was very courteous but, according to the three minutes, police said

Aquino: CJ ouster brightens democracy

[illegible][illegible]

in increasing prices of basic necessities.

Police and bank security may interfere a campaign to keep them out of sight.

The challenge

In an Independence Day MESSAGE, U.S. President Jimmy Carter said the country "will not be totally free and independent until the Filipino will live in poverty."

"The President's Agenda, Law and order is the challenge. That is why I am appealing to all sectors of society, including the church, to work together in peace, political or religious or ideological, to unite under a common cause, which is giving every Filipino a good life," Secretary of State Cyrus Vance said.

In Angeles City, Unsubscribed National Action, Inc. said the struggle for Philippine independence was not yet over because many Filipinos remained dependent on foreign aid.

"Freedom is the largest goal at the end of actions lifting our nation," said Duterte, who placed a wreath at the gate of the Presidential manor in Manila on July 4, 1989.

Agapito, on June 12, 1989, led troops celebrating the first anniversary of Freedom from Spanish rule.

Some nationalists regard the 1989 celebration as the fall, a testament of Duterte's commitment to quality life for Filipinos.

[illegible]



Empire East

**Beauty.
Vitality.
Excellence.**

The hallmarks of an Empire East community.

Sharmay Supsup

Mrs. Universe Philippines 2011
2011 Architecture Board Exam Topnotcher
UP Diliman Architecture Honor Graduate

THE SONOMA

De Mesa, Laguna



As a pregnant lady, Sharmay Supsup knows how to shine. And as a professional architect, she knows what it takes to make something stand out—and stand the test of time. Now, as a part of Empire East's multifaceted consulting team, she is supporting the company's continuing vision to create and preserve beauty, vitality and excellence in its residential communities in the city and suburbs.

Empire East: The country's leading mid-income developer building homes that redefine experiences and change lives.

The Rochester
Pangasinan



KASARA
Cebu Metropolitan
Ming City



Tel: 810-3333

2107 The World Center, 202 St., Gil Puyat Avenue, Makati City. Web site: www.empire-east.com

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

NOTICE


EXAM GRADE
Exam Grade

are registered trademarks of Schwan-STABILO Schwan-Kübler GmbH & Co. KG (Germany).

The distinctive shape of Schwan-STABILO's POINT 88 and POINT 66 pens pictured below is a 3-D trademark license owned by Schwan-STABILO.

As the sole and exclusive owner of the above trademarks, only Schwan-STABILO is entitled to use such trademarks in the Philippines.

All Schwan-STABILO products are manufactured and processed according to Schwan-STABILO's stringent production and quality standards. Members of the public are therefore cautioned against purchasing counterfeit and/or unauthorized highlighters, pens and other stationery products that bear the above trademarks but are not manufactured by Schwan-STABILO.

Schwan-STABILO will not hesitate to aggressively protect its intellectual property rights. Anyone caught manufacturing, distributing, selling or advertising unauthorized and/or counterfeit Schwan-STABILO products will be liable with to the full extent of the law. Should you have any information regarding importers, wholesalers or retailers selling unauthorized and/or counterfeit Schwan-STABILO products, please contact -

BARBARA & ASSOCIATES

Schwan-STABILO Representative
Suite 3002-B Fort Legend Towers
37 Avenue corner 31st Street
Bonifacio Global City, Taguig City 1624
(+632) 4331686 to 68, maria@bights.com

The WORLD

HUMAN SHIELDS

UN: Syrian Army using children

SYRIAN troops have tortured children, executed them and used children as young as 8 as "human shields" during military raids against rebels, according to a UN report released on Tuesday.

The United Nations branded the Syrian government as one of the worst offenders in its annual "list of shame" of conflict zones where children are killed, injured and recruited into fighting.

Human rights groups estimate that about 1,200 children have died during the 15-month uprising against President Bashar al-Assad, whose brutal crackdown on dissent has inspired protests from widely condemned.

"Sadly, here in Syria, some kids are being used as human shields, tortured and used as human shields," said Human Rights Council, UN special representative for children in armed conflict, and UNHCR, the UN refugee agency.

Government forces rounded up dozens of boys aged 10 to 15 before attacking in the village of Abu Tarmeh in Idlib province on March 16, the report said.

"The children were used by soldiers and militia members as human shields, placing them in front of the windows of houses carrying military personnel from the street to the village," it said.

Quoting witnesses, the UN report said Syrian military and intelligence forces, as well as pro-government militia mil-

lits, surrounded the village for an attack that lasted more than five days.

Among the 11 killed in the five-day assault were four aged 15 to 17, another 34 people, including two boys aged 14 and 15 and a 4-year-old girl, were detained.

"Previously the village was reportedly left burned and four out of the 34 detainees were shot and burned, including the two boys aged 14 and 15 years," the Children in Armed Conflict report said.

"The report said children in Syria as young as 9 had been victims of killing and maiming, arbitrary arrest, detention, torture and ill-treatment, including sexual violence and use as human shields."

Children have been recruited to collect and pass on military orders and documents to the report said.

The report was compiled before the Syria measure on May 21, when UN Security Council members voted to condemn the Syrian as young as 15 and 16, who were close to the front as had been Syria's conflict with the rebels.

Mubarak's health worsens in jail

Cairo — Ismail Mubarak's health has worsened, with doctors there fearing he may die before the end of the year, according to his lawyer, who said he is in a "critical" condition.

Mubarak, 84, was slipping in and out of consciousness on Monday, with swelling from high blood pressure and breathing difficulties, and was in a deep depression, according to his lawyer, who said he is in a "critical" condition. Doctors there could not find a pulse today, and said the dehydration, they said.

The deposed leader, who was being given liquid intravenously, also had complications around his lungs.

He had a seizure at the end of political custody in Egypt, with a better pulse earlier from the Mubarak regime being on Monday in a hospital in the hotel but on June 15-17.

"He is now very weak," he said.

Abdel Badawi, a liberal activist who participated in last year's Arab Spring uprising that ousted Mubarak. "There are only two things that he did and which he held in a very high esteem. He is definitely having the same things as he is doing in these days."

Egypt is in the home stretch of a 16-month transitional period overseen by the military council that succeeded him — a time that has seen the rising power of the Islamists. Badawi never promised to grant him more rights about Mubarak on the grounds, including the return of detainees and trials to civilians in front of military tribunals.

The generals have promised to hand over power to a civilian administration by July 1, about 10 days after the winner of the runoff is announced. The election pits Abdel Shady Mubarak's son, former minister, against Mohamed Morsi of the Muslim Brotherhood.



Promo is extended until July 15, 2012 as approved by DTI-NCR!

Get as much as P360 FREE at these restaurants when you use your Metrobank Card ANYWHERE!

One (1) single-charge slip worth P2,500	Enjoy P120 OFF
Two (2) single-charge slips of P2,500 each	Enjoy P240 OFF
Three (3) single-charge slips of P2,500 each	Enjoy P360 OFF

*Cardholder must use the Metrobank Card to purchase the selected items, and must not be a Metrobank Cardholder.

For more details, visit www.metrobank.com.ph

Call Metrobank Card at 8-786-786 or 1-800-1-888-1775. Excludes Metrobank.

Valid Metrobank Cardholder only. Not valid for Metrobank Cardholders. P250,000.00. P250,000.00.



PHILIPPINE BUSINESS

Metrobank Card

A Metrobank Cardholder Card

CANVAS, in partnership with San Cellular, promotes Philippine art this Independence Day

In celebration of Philippine Independence Day, San Cellular and CANVAS (Creative Arts Network) have teamed up to promote Philippine art. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.

The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.

The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.

The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.

The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.

The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.

The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines. The partnership is part of the San Cellular's commitment to support the creative arts community in the Philippines.



ONE GREAT ARTIST

ONE GREAT ARTIST

ONE GREAT ARTIST

ONE GREAT ARTIST

ONE GREAT ARTIST

ONE GREAT ARTIST

ONE GREAT ARTIST

We express our deepest regret and sympathy
to the family of

SOEDONO SALIM

(Liem Sioe Liong)

who passed away in Singapore on 10th June 2012
at the age of 97.

Mr. Salim served as the first Chairman of First Pacific Company Limited from 1981 to 1999, when he assumed the title of Honorary Chairman of, and Advisor to, the First Pacific Board. We convey our profound appreciation for his valuable contribution to the development and growth of the First Pacific Group for the past 31 years.

The late Mr. Salim has generally been regarded as Indonesia's first industrialist.

Philippine Long Distance
Telephone Company

Metro Pacific Investments
Corporation

Manila Electric Company

Philex Mining Corporation

TV5 and MediaQuest Holdings

WHAT'S INSIDE

■ **Sports cars are flooding the market** / B2-2



■ **Gift ideas for the fuel-infused dad** / B3-4



■ **Dad, what kind of car are you?** / B3-1

■ **It's still more fun to drive a Mazda3** / B2-3



■ **Suhara XV is beautiful inside and out** / B2-4



■ **Father starts son's wedding parade** / B3-2



■ **Fiesta Explorer drive Ford sales in May** / B2-4

■ **Honda launches new Pilot Odyssey** / B2-4



KASANGGA MO SA PAG-ASENSO.



Kasama mo sa pag-asenso ang Mitsubishi!
Enjoy low down payments & freebies from Mitsubishi na saktong sa business mo.

Maging negosyante na! Simulan o paunlarin ang sariling negosyo kahit ano pa ito with Mitsubishi Buhay Negosyante Deals. Sa pag-asenso mo, siguradong maaasahan ang Mitsubishi!



L300

As low as
P120,000 DP* + **FREE 3 YR LTO**
 For L300 TR Deluxe

+ **TOSHIBA**
 24" (60cm) LED TV



ADVENTURE

As low as
P115,000 DP* + **P15,000**
 For Adventure GLS

* plus 72 monthly installment terms

L200

As low as
P114,000 DP* + **P30,000**
 For L200 Single Cab Pick-up

As low as
P100,000 DP* + **P15,000**
 For L200 Cab & Chassis

Visit your nearest Mitsubishi Motors dealer now! See posters for details!

* Payment terms subject to bank approval

BDI • BPI Family Savings Bank • Citibank • Citibank Savings • Eastwest Bank • Maybank • PSBank • RCBC Savings Bank • Sterling Bank • Union Bank

Printed: 2012, June 13 to June 13, 2012

No. 201-WR Printed No. 2012, June 13, 2012

Mitsubishi Motors Corporation (MMC) is a Japanese multinational corporation. It is one of the largest manufacturers of automobiles in the world. The company is headquartered in Tokyo, Japan. Mitsubishi Motors is a member of the Mitsubishi Group, which also includes Mitsubishi Bank, Mitsubishi Fintech, and Mitsubishi Heavy Industries. The company has a long history of manufacturing and selling a wide range of vehicles, including cars, trucks, and buses. Mitsubishi Motors is known for its reliability, performance, and innovation. The company has a global presence, with sales and manufacturing operations in over 100 countries. Mitsubishi Motors is committed to providing high-quality vehicles and services to its customers around the world.



© Mitsubishi Motors

Columbian Autocar Corporation: KIA Motors Regional Distributor of the Year for 2012 in Asia Pacific



In the global scene, Columbian Autocar Corporation (CAC) was recently awarded the 2012 Regional Distributor of the Year Award for the Asia Pacific region. The award was given to honor the best performing KIA distributors in the KIA global network.

Mr. Hyoung-Keun Lee, Vice Chairman of KIA Motors Corporation presented the award to CAC Chairman Jose Ch. Alvarez at the recently held 2012 KIA Global Distributor Convention in Vancouver, Canada.

This is the 2nd time CAC has won the Regional Distributor of the Year award, after winning this same prestigious award in 2008.

Kia leads industry sales growth figures

Posts a remarkable 89% Year-On-Year increase in sales growth



Manila, Philippines - 2012 is proving to be a banner year for the Kia brand, and the company, Columbian Autocar Corporation (CAC), the exclusive distributor of Kia in the Philippines.

According to the May sales report of the Chamber of Automotive Manufacturers of the Philippines, Inc. (CAMPI), the Kia brand sold units that exceeded the target figures. This figure reflects a remarkable year-on-year increase of 89% sales growth, proving that more Filipino car buyers appreciate the vehicles being rolled out by this Korean automaker.

CAC President Ms. Ginia R. Domingo attributes the astounding increase in KIA sales performance to the overwhelming reception of the all-new RIO, an exciting addition to its line-up of superbly designed and engineered vehicles.

"The demand for the all-new RIO and our other models, encourages us to continuously

introduce vehicles that are expressions of the Kia brand's commitment to create high quality cars with striking designs, that have minimal environmental impact. This philosophy, translated in the company slogan "Power to Surprise" puts Kia cars at par with the world's top brands, and translates to more Filipino consumers recognizing the undeniable value proposition of our vehicles."

Fresh data just released by the CAMPI on the Year-To-Date (YTD) ranking for the automotive industry players shows that from January to May of 2012, the Kia brand enjoys a healthy 5.5% share of total industry sales and ranks 8th in the YTD ranking. Kia sold 3,246 units as compared to the same period of 2011, where there were only 1,715 units sold, this result shows an industry leading increase of 89%.

Kia has topped the YTD increase in vehicle sales for the last two months with 91% and 89% cumulative growth in April and May 2012, respectively. Mr. Doodle Gafar, VP for marketing of CAC links this to the palpable



"More Filipino consumers are recognizing the undeniable value proposition of KIA vehicles"

- Ms. Ginia R. Domingo, President, Columbian Autocar Corporation

increase of both perceived and actual value of Kia vehicles among potential car buyers.

"As Filipino motorists see more Kia vehicles on the road, and their friends and family buy Kia cars, they are able to appreciate our brand's performance more and more. There's the signature styling, the car's responsiveness, the ride experience and many other factors all adding up to make the purchase decision of buying a Kia a very logical one.", Gafar mused.

Kia's sales performance in the Philippines apparently mirrors the worldwide growth and popularity that the brand enjoys as Kia's global identity and positive brand association has led to more vehicles sold globally. This May, Kia posted 15.5% year-on-year sales growth in global sales.



ADVERTISEMENT

Dad starts Robert's profitable wedding parade



By [Name]
[Text about the wedding parade and the cars.]

By [Name]
[Text about the wedding parade and the cars.]



By [Name]
[Text about the wedding parade and the cars.]








PASSION WINS.
INTRODUCING THE ALL-NEW BMW 1 SERIES.

The new BMW 1 Series Sedan - the sixth generation of the world's best-selling premium sedan assembles the brand's passion for sporting the most advanced technology for an athletic, dynamic expression.

BMW 1 Series Sedan
[Text describing the features and performance of the BMW 1 Series Sedan.]



BMW 1 Series Sedan
[Text describing the features and performance of the BMW 1 Series Sedan.]




BMW 1 Series Sedan
[Text describing the features and performance of the BMW 1 Series Sedan.]

[illegible][illegible]

The first and only official, state-sponsored book on the subject of the AIDS epidemic was published in 1985. It was titled *AIDS: The Facts* and was published by the New York State Department of Health. The book was written by a team of experts and was intended to provide information to the general public. It was a landmark publication in the history of AIDS education.

The new book
 Stephen Duggan, who works in
 research and training at the
 University of York, has written
 this book. It is available from
 the publisher in paperback for
 £14.95. Contact: Sage, 6 Bonhill
 Street, London EC2A 4PU.
 Tel: 020 7325 2300. Fax: 020 7325
 1544. Email: order@sagepub.com

THE UNIVERSITY
of the South Pacific
SCHOOL OF DISTANCE EDUCATION
Private Mail Bag 112
Suva, FIJI
Tel: 339 2211
Fax: 339 2211
Email: info@usp.ac.fj

What to do on Father's Day



For more information about the new developments in the field of business law, visit our website at www.cengage.com/business.

The present study was designed to investigate the effects of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The study was conducted in a laboratory setting, and the participants were randomly assigned to either a control group or an exercise group. The exercise group performed a combination of aerobic and strength training exercises, while the control group remained sedentary. The study found that the exercise group experienced significant improvements in cardiovascular fitness, muscle strength, and body composition compared to the control group. Additionally, the exercise group reported lower levels of stress and improved mood. The results of this study suggest that a 12-week training program can have positive effects on the physical and psychological health of sedentary, middle-aged women.

1. The first step is to identify the problem. In this case, the problem is that the system is not working properly.

the 1990s, the number of people in the United States who are obese has increased by 50 percent. In 1990, 15 percent of the population was obese, and by 2000, that number had risen to 22 percent. In 2008, the number of obese people in the United States was estimated to be 33 percent of the population. The increase in obesity is a major public health concern because it is a leading cause of heart disease, diabetes, and other chronic diseases. The Centers for Disease Control and Prevention (CDC) estimates that obesity costs the United States \$147 billion in medical costs each year. The CDC also estimates that obesity is responsible for 280,000 deaths each year in the United States. The increase in obesity is a result of many factors, including changes in diet and lifestyle. In the 1990s, the average American consumed more calories than in previous decades, and many people began to lead more sedentary lifestyles. The combination of these factors led to a significant increase in the number of people who are obese. The CDC has developed several programs to help people lose weight and improve their health. These programs include the National Weight Control Registry, the National Diabetes Prevention Program, and the National Cancer Institute's Cancer Prevention Program. The CDC also provides information on healthy eating and physical activity. The CDC's website, www.cdc.gov, is a valuable resource for people who want to learn more about obesity and how to prevent it.

the 1980s, the 1990s, and the 2000s. The 1980s were characterized by a focus on the environment, the 1990s by a focus on the economy, and the 2000s by a focus on the war on terrorism.

and the fact that the
place is not from nature
being in the middle of
the city, and the fact that
it is not a natural place
but a place of the city.
The fact that the place
is not a natural place
but a place of the city
is the fact that the place
is not a natural place
but a place of the city.

The first of these is the fact that the
 system is not a simple linear system.
 The second is that the system is not
 a simple linear system.

Journal of Management Education, Vol. 29 No. 6, December 2005
DOI: 10.1177/1053426905280001
© The Author(s) 2005
Reprints and permissions:
<http://www.sagepub.com/journalsPermissions.nav>

• **Wetland**—any area that is periodically or permanently flooded or saturated with water, and that supports a wetland community. Wetlands are important for many reasons, including their ability to filter pollutants, store carbon, and provide habitat for many species of plants and animals.

For further information, contact the author at maria@mariafrank.com.

But even if the U.S. and the European Commission have agreed on a framework for a new agreement, it will take at least 18 months to negotiate the details, says a senior European Commission official. And even then, the agreement will need to be approved by the European Council, which represents the interests of the 27 member states.

THE NEW 7-SEATER CHEVY
ORLANDO
MADE ESPECIALLY FOR YOU



Pimp your Daddy!

By Joannee Lopez-Sumari

FATHERS DAY is around the corner and like everyone else you are scrambling for a perfect gift aside from the usual tie and T-shirt. Gift giving is one of the most rewarding and nerve-wrecking activities because not only does it reflect how much you know and care for the person but there are also subtle hints on which direction you want to mold your man. Style and behavior are usually better force fed than put on democratic vote. They need our firm guidance on how they (or how we) want them to look. So start Fathers Day as another reason to press your stile.

Gift suggestions for the fuel-infused father

Drive like a girl. Act like a boy.



2. Samsung Galaxy S81

A product whose feature is something we want our man to consider: easy enough to know one looking, better to see and connect to so easily. The new Galaxy S81, makes your man's eyes to produce when it should shut down. It's a great example of a man whose he would need another five minutes of sleep and when you need something from his phone but sleeping around. This phone allows you to take him up to 15 mins without a will or cellular signal, just by putting it side by side with the other phone.

1. Watches

Men usually go for color men by their car, shoes and watches. Watches usually reflect what kind of a person your man is. rugged, classic, efficient, etc. According to Carl Compton, editor-in-chief of Gadget Magazine, there are two watches that reflect the personality of good and performance: the Rolex Daytona (named after the Formula 1 driver) and a watch by Steve McQueen in the 1971 movie Le Mans. Both chronographs, which have a function that measures the lap time. These watches are desired and in high demand longer than any other watch, but because the watches are not just a fashion accessory, but because the watches are really just loved driving and racing.

3. Helmet and gloves



4. A day at the track

Nothing makes him feel more than a day off with the boys for just enough fueling racing classes on trackdays at either BRC or Clark Speedway. But this to work on your favor, talk to a go kart and experience a drive package to either the Weathering in Germany or in the United States. While they spend time at the track, the girls will show support by shopping to get out of their way (www.duplicate.com)



5. Go Pro

and to remind him of this moment: What eye-looking day at the track is an LED on board document for in night time. This camera is used widely for motorcycles. Options include a waterproof case and change for almost any kind of surface it needs to attach to, making the GoPro a great project source (Available in 100 Feet, London Inc.)



16. Car or race merchandise

A better option than the usual polo shirt, cap and bag, an swing or sport inspired merchandise from BMW, Porsche and Ferrari which reflect their personalities and personality of racing cars. They are unique and are readily available (Disruptive Innovation)



11. GPS or Navigational Systems

For the species that don't want to stop the directions even if his life depended on it, a GPS is your best friend because it knows the best way and the quickest. (Price starts at \$9,995, \$1M appliances in New Zealand)



8. Rimowa luggage

The use of one of a Rimowa can easily be appreciated by a car enthusiast who loves about sports, shoes, and the (Shimoda for a 1000 for 1000) ride. Although a little bit pricey, the extra money you spend on buying them will still come out cheaper than the store when you have more shipped and probably packed in a container, which is a lot of money (Gadgets and Reviews Worldwide)

For someone, suggestion, topics or people you want to see featured in *Outdoors* please email us: outdoors@inquirer.com. Chances are that you'll get a 100% in *Outdoors* Reviewer to Topography.



1. A messenger

A more mature and stylish option for a backpack is a messenger. A given messenger is a great way to carry your gear and less prone to theft when traveling. This is where to keep his papers. Check out some fashion messenger bags, which are back and forth and sturdy. Besides the leather messenger bags for a Daini Carver Kapsell, which was made in the USA (100% Leather, Canada)



2. Dad's driver shoes

The iconic Converse leather pebble would better should always be a night in shoe cabinet of any car enthusiast. Another product that evokes love, respect, not to mention something that he wears with shoes or pants) and have high quality craftsmanship. Dad's has everything you need in a driving shoe: the like a glove, but a light, non-slippery sole that sticks to the back of the heel giving you more traction when driving.





After furniture, Daphne Oseña-Paez creates soothing home scents

By Ben T. Nguyen

Beyond furniture, Daphne Oseña-Paez has created a line of scented oils that soothe the senses and create a calming atmosphere in the home.

Oseña-Paez, a 35-year-old entrepreneur, has created a line of scented oils that soothe the senses and create a calming atmosphere in the home.

Oseña-Paez, a 35-year-old entrepreneur, has created a line of scented oils that soothe the senses and create a calming atmosphere in the home. She has created a line of scented oils that soothe the senses and create a calming atmosphere in the home.

Oseña-Paez, a 35-year-old entrepreneur, has created a line of scented oils that soothe the senses and create a calming atmosphere in the home. She has created a line of scented oils that soothe the senses and create a calming atmosphere in the home.

Oseña-Paez, a 35-year-old entrepreneur, has created a line of scented oils that soothe the senses and create a calming atmosphere in the home. She has created a line of scented oils that soothe the senses and create a calming atmosphere in the home.

Oseña-Paez, a 35-year-old entrepreneur, has created a line of scented oils that soothe the senses and create a calming atmosphere in the home. She has created a line of scented oils that soothe the senses and create a calming atmosphere in the home.



Everyday is a holiday at Kasara

For those who want to live a more relaxed lifestyle, Kasara is the perfect place. Located in the heart of the city, Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service.

Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service. It is the perfect place for those who want to live a more relaxed lifestyle.

Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service. It is the perfect place for those who want to live a more relaxed lifestyle.

offered to go together with them but they turned it down. They said they wanted to live a more relaxed lifestyle.

Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service. It is the perfect place for those who want to live a more relaxed lifestyle.

Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service. It is the perfect place for those who want to live a more relaxed lifestyle.

Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service. It is the perfect place for those who want to live a more relaxed lifestyle.

Kasara is a modern, high-rise building that offers a luxurious living experience. The building features a variety of amenities, including a swimming pool, gym, and concierge service. It is the perfect place for those who want to live a more relaxed lifestyle.





© 2004 Blackwell Publishing Ltd
Journal of Internal Medicine 255: 105–112

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 10-week training program. The training program consisted of three sessions per week, each lasting 30 minutes, and included aerobic and resistance exercises. The HR and BP were measured at the beginning and end of the training program. The results showed that the training group had a significant decrease in both HR and BP compared to the control group. The HR of the training group decreased from 72.5 ± 5.5 beats per minute (bpm) to 68.5 ± 5.5 bpm, and the BP decreased from 125.5 ± 10.5 mmHg to 120.5 ± 10.5 mmHg. The HR of the control group remained relatively stable, with a slight increase from 72.5 ± 5.5 bpm to 75.5 ± 5.5 bpm. The BP of the control group also remained relatively stable, with a slight increase from 125.5 ± 10.5 mmHg to 128.5 ± 10.5 mmHg. These findings suggest that a 10-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 105–112

[illegible]

AT&T
800-222-2222

Strongest Ever Deal:
The world's first open market for carbon
allowances, with 1,200 participants and
over 100 million tonnes of allowances

© 2000 Blackwell Science Ltd
Journal of Internal Medicine 247: 115–121



© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 105–112

Two Year
Training Program
in Cosmetic Surgery

PLATE 18
ADAM AND EVE IN THE GARDEN OF EDEN
 1650. OIL ON CANVAS. 100 CM. HIGH BY 130 CM. WIDE.
 IN THE MUSEUM OF MODERN ART, NEW YORK
 (GIFT OF THE FORD FOUNDATION)

Celebrate Father's Day at Megaworld Lifestyle Malls.

The American Cancer Society has announced that it will be launching a new campaign to raise awareness of the dangers of smoking. The campaign will focus on the fact that smoking is the leading cause of preventable death in the United States. The American Cancer Society is a non-profit organization that has been working to reduce the burden of cancer for over 100 years. The organization has a long history of research and advocacy, and it is committed to finding ways to prevent cancer and improve the lives of people affected by the disease. The new campaign will be a multi-media effort, featuring television commercials, print advertisements, and public service announcements. The goal is to reach as many people as possible and to encourage them to quit smoking or to avoid starting in the first place. The American Cancer Society is a leader in the fight against cancer, and this new campaign is a testament to its commitment to public health.



the 40,000 workers' families for whom to pay a pension. The law forced the company to make the United States government liable for the cost of the pension payments. In return, the company received a 10 percent interest-free loan from the government to help it pay the pension. The company also received a 10 percent interest-free loan from the government to help it pay the pension.



James Taylor's New York-based label, Capricorn Records, has filed suit to stop Taylor from releasing his new album, *Swamp Music*, because it still takes the name of the former of the original members of the band, who died in 1971. Taylor says he has no intention of releasing the album, but the court says he must.

There is a growing concern that the "recovery" of the economy may be temporary, and that the economy may be in a "recovery" that is not sustainable. The economy may be in a "recovery" that is not sustainable. The economy may be in a "recovery" that is not sustainable.



Call 571-8151

**MOVE IN TO THE
ROCKWELL LIFE.**

Celebrating memories through scrapbooking

Arvid Noren
and Mats Johansson

Do-It-Yourself

HOW MUCH SILENCE shares the LIT space with us. She made an album as a tribute to her grandfather, by incorporating numerous beautiful memories, she creatively represented all the great children.

Thrift still runs a mail-order list on one special occasion. Everyone enjoyed looking through the pages.

I remember back in the day when looking a yearbook entailed sifting through newspaper pages and books. Now it has become simple and easy thanks to products available specifically for that purpose.

All About Spyglassing is available in Microfilm Editions. They have a vast selection of

materials that will add texture, dimension and quality to each and every page of your manuscript.

Adding color elements to the collage of photos makes it visually stimulating. Choose a theme and think of a happy color scheme. All of a sudden, the album comes to life; that is movement and depth. Notice the flowers by using words and phrases. Highlight pictures using stickers, flowers and other accessories. Using colored ink and markers makes the page come to life.

Composing a wraparound, illustrating the layout and use of photographs and other design elements inside a previous section or across layout.



Case Report

Source: U.S. Census Bureau, *Marriage, Divorce, Remarriage in the 1990s*, Washington, D.C., 1995.

Interesting...

from a set of

argument and logical) plans and various gardening materials and tools were sold. An on-the-spot planting competition was held on the final two days of the event.

Although individual beaver plants, the year's visible decreased masticatory Zonitiform and prying landscapes. Beaver masticatory Zonitiform plants explained that prying relies on an accumulation of rocky accumulations with a few small beaver with stones, pebbles and other small plants.

The other winners were: garden house, Michael Hattlage; ponding, Fionn Gahag; tropical house, Julie Bernier; small house, Nancy Lutz; best building, Dr. Alexander Rodriguez; fence, Ana de la Hoz Rivero; upland, exposed costs, Claudio M. Sandoval; landscape, Rosalinda Gutierrez; yard, Ann Lutz; and religious, Yvonne Lutz.

Fuzzy thinking was first put to rest on the open-pollinating compact discs.

BRIGHT IDEAS

by **MERALCO**



Para 'di masyadong mabigat sa budget ang tumataas na presyo ng mga bilihin, gumamit ng Induction Heat Cooker.

John Jolicoeur
Junior Chef

- ⚡ Mas muring gamitin kaysa gas stove*
- ⚡ Safe dahil walang apoy at gas tank
- ⚡ Mabilis magluto kaya less kitchen time, more family time!

Ang bright idea na to ay hindi ng Merita pero nagaganap ang bahay ng pamiliang Pilosop.

Based on November 2010 data comparing average monthly credit card interest rates and gas prices.



MEDALCO

doi:10.1017/S0007122612000096

Wanted: Families with values

This challenging search will give us the inspiring stories we need

LAST MONTH, I was told it is to be among the judges in a very meaningful program, finally. I thought it would be a talent or beauty search. After all, from composition to a dress to shoes, while talent shows are almost every night.

But a "values" search? How that was something new.

And the winner is someone just about finding a single person who embodies the values worthy of revealing. It was about finding a whole family that lives the values beyond the home and into the local community.

In good company

I could give a heartache and close watch over itself, moving my judgment in the second Judith Family Values Award (JFVA). It was left to the Married Couple, a marriage and family counselor. What a bonus! Being inside her was like getting a crash course in parenting and marriage counseling.

Next to her was Dr. Allen Moon from Center for Family Ministry, with whom I was able to practice my fluency as we were both C.A. (Catholic) Catholics. David Phillips, Under Secretary of the State, was also present to supplement the jury and figures on our side's body monitoring.

Media personality and lawyer Add Tinsley flanked me by and movement to be part of something called Family Values. Being called "counselor" rather than "expert."

After Catechism, Judith TF for marketing, had to all laughing with his jokes and his own.

I was looking forward to meeting the famous audience and chapter members. Dr. Quenneville-Glass, but unfortunately, the credible job that day. Judith TF for by her secretary Theresa Davis joined to make that afternoon.



MAMA DIARIES

I also had the pleasure of meeting the chairman of the board of judges, Judith From, former graduate from Judith TF. She was a very lovely lady and we were amazed by the work and progress her foundation had managed to quickly accomplish in last few years.

But she and her staff of the day was learning more about the project. Allen explained the Judith Family Values Award with its noble goal of "inspiring to further strengthen the foundations of the family by strong, strong those who come to us in tears to come through their joy, unity, separation and generosity."

Then he dropped the bomb on us by casually mentioning that last year, they received over 1,000 entries nationwide. This year, they expect it to double as they open the contest to overseas Filipino workers and their families. We all looked at each other like, "We didn't know that!"

Inspiring families

In 2012, Allen shared the stories of the five families that won the last JFVA. Last year, from General Santos, Rey and Stephanie Caroline

and family won the Marikina award with their family motto, "No to motherhood."

This motto spurs them to push themselves to excel in whatever they are involved in, be it their studies or work.

Thirteen-year-old goes all the way to their community—they are all active in their groups. They are also part of the Red Cross.

The couple went on to the family of Emma and Kenneth Nopelo to help City, Mayor Goodwin. This family believes "family first" in everything they do and in sharing their God-given talents.

They give unconditional love and attention. They do family weekends and marriage counseling while their kids are important speakers in the "Love, Values, and Family Values" public schools in their hometown, Lucena. The family started with an idea and in 2012 they have expanded to 21 cities. To ensure the efficacy of their program, they also make an effort to monitor the effects

on the children. Many think that you have to be rich to be able to help others. What is important is to be rich in spirit, as proven by the story of this family. A professional midwife who has delivered countless babies for his in his community. She helps women who would have no access to medical and professional services. She is usually called in her deliveries and they can, have their own way of giving birth to their community.

The South Linao winners, Lilibeth and Christina Francisco, and their family are determined to find every Filipino child, beginning with the public schools in their hometown, Lucena. The family started with an idea and in 2012 they have expanded to 21 cities. To ensure the efficacy of their program, they also make an effort to monitor the effects

on the children. Many think that you have to be rich to be able to help others. What is important is to be rich in spirit, as proven by the story of this family. A professional midwife who has delivered countless babies for his in his community. She helps women who would have no access to medical and professional services. She is usually called in her deliveries and they can, have their own way of giving birth to their community.

New theme

This year, the JFVA chose a "The Filipino Family in the Digital Age." I was most excited to see the families who will be nominated and look forward to being inspired by their stories. I am sure of that news. It is about time we started seeing good news.

All around the country and the world are amazing Filipino families that have been quiet but effectively ensuring the foundation of our society.

through their own values. If you know of such a story, let us know. Last award, 2012, was your family.

To join the search, nomination must be accompanied by the nomination letter (available for free in all Judith TF branches nationwide as they are distributed to all Judith TF supporters worldwide). www.judith.com.ph and answer the questionnaire on the nomination letter and eligibility. Deadline of submission of nomination is on or before Aug. 31.

Five winning families will each receive a cash prize of P100,000, a trophy designed by renowned local designer Michael Gattin, round trip airfare tickets to any location, a dinner from Angeli's Express, a day pass to Manila Ocean Park, and P10,000 worth of Judith TF gift cards.



2012 JFVA winners, Judith TF president Joel Minerva, Grace Tan-Cabiling, Maribel Sison, Add Tinsley, Audrey Tan-Zabini, Theresa Jovic, Dr. Allen Moon, host Tinsley-Brown and Albert Cordero.

Milk for pregnant moms available only online

It's a first in the country, accessible through a big support group for expectant women

By Virginia Raga-Reyes

WHAT CAN a first-time mom do to ensure the smoothest—physical changes are really a big deal—and make her feel that she is someone in control of her mind and body during pregnancy?

Join New Beginnings Community (NBC), a support group for "progressive mothers" who learn from each other and grow together in the same stage of motherhood," says Zippa Raga-Reyes, executive director of Pro-life/Pro-family Philippines (PFP). "It's all ways for us to work people who are dedicated to your women and children in going through pregnancy and motherhood."

Progressive mothers view pregnancy as a whole new life.

Progressive, Raga-Reyes, describes women who make the most out of their motherhood. They are strong-willed, positive, well-educated, child-rearing and hungry for new trends and updates. They know what they want for themselves and their babies and have their motherhood.

This support group also has access to a bank of mother's milk available online—a first in the country.

Organized by Pro-life/Pro-family, a global leader in nutritionally sound dairy products, New Beginnings believes that the journey through motherhood can be more fruitful and successful when others' experiences are shared with other mothers.



FRISOMUM, the essential maternal milk supplement

and the latest trends on pregnancy and motherhood. They also go on confidence and peace of mind through the extensive support group by following.

"Pregnancy and motherhood are so overwhelming, not just on the baby stuff that you have to buy, but the things you have to know and the decisions you have to make during the pregnancy," says Raga-Reyes, who supports New Beginnings.

"Sometimes people around you don't understand what you're going through—mood swings, physical changes," she says.

Another thing of NBC is to enlighten pregnant women on proper prenatal nutrition. Mothers must know the good nutrients that he's not afraid of lactation.

NEW Beginnings Community empowers expectant mothers with practical information and the latest trends on pregnancy and motherhood.

FRISOMUM, the essential maternal milk supplement

FRISOMUM, the essential maternal milk supplement

FRISOMUM, the essential maternal milk supplement

FRISOMUM, the essential maternal milk supplement

FRISOMUM, the essential maternal milk supplement

FRISOMUM, the essential maternal milk supplement



around the changes in their body. For example, some mothers experience mood swings and sometimes due to hormonal changes and the weight of the baby.

"It is important to have a healthy digestive system to ensure a mother's nutrition, which affects the baby's proper development on the way of delivery," says Raga-Reyes. From her/Pro-life/Pro-family Philippines.

Pro-life/Pro-family Philippines has launched Frisomum, the essential maternal milk supplement through Pro-life/Pro-family, an advanced brand with products and services which support a healthy pregnancy.

"Frisomum milk powder is especially formulated for pregnancy and breastfeeding moms," says Raga-Reyes.

"It has important nutrients to support safe pregnancy and breastfeeding, as well as high level of vitamins, iron and lactose. Two glasses of Frisomum a day allow your baby's immune system to be healthy during pregnancy."

Frisomum is sold only on the NBC website. <http://www.newbeginnings.com.ph> products. This is the first time in the country that milk is made and sold online. With a simple and easy-to-use delivery service.



"I Love My Incredible Dad" a weekend festival of cars, guitars and sightseeing on wheels and planes offers

Cars and gadgets at Power Plant Mall's Father's Day Special

TO CELEBRATE Father's Day, Power Plant Mall is holding (until June 17) "I Love My Incredible Dad," a weekend festival of cars, guitars and style men in honor and please fathers.

Power Plant Mall is coming with cars this week—guitars, bikes and tools are on showing off their latest models in North Coast Plaza parking and South Coast.

This is one of the biggest displays of cars.

Kia's Promoting Center, the world's largest automotive show has arrived since 1961, a offering father's day and baby's car recommendations and details until June 17 at the B1 Level of Power Plant Mall near the South Coast.

All stores and dining places have their own events too. They single push with P2,000 (P2,000 for Father's Day) to a coffee shop which can win the best dad (P2,000). Raffle tickets can be redeemed at the event's cash desk, and winners will be announced the next day.

For more information, go to www.facebook.com/PowerPlantMall.

Max's Restaurant Pays Tribute to Dads with Men's Exclusive Gift on Father's Day from The Body Shop

The father, with his many roles and attributes, is the solid figure behind many great men and women throughout history. He is the image of strength, wisdom, and leadership. In the Philippines, he is both loved and revered as the pillar and protector of the home. He has been a constant guide during every significant chapter in your life – from taking your first baby steps, to winning your first basketball game, and getting your first promotion at work. Dad has always been there. His enduring love has been a great source of inspiration and comfort for each member of the family.

Max's Heartwarming Surprise for Dad

As a global brand that has reached a mark in the hearts of Filipinos for 40 years, Max's Restaurant takes the Filipino high regard for fathers to heart. On Father's Day, it beckons Filipinos all over the world to step inside the familiar doors of Max's Restaurant, embark on a memorable family experience and pay tribute to the men behind every great family – dad.

Max's offers a spread of classic, heartwarming recipes to please the senses. Dad will surely love the enticing aroma of Max's iconic, sizzling-to-the-bone roast Chicken sailing through the air; the tangy Baniwa of Max's sizzling hot Sisigang; the creaminess of Max's famous Kare-Kare coating with thick, peanut sauce; and the delightful crunch of Max's famous Crispy Fries. These are just some of the dishes that will surely make every mouth water. The restaurant's contemporary architecture and loving ambience add excitement to the family's culinary indulgence.

This season, Max's is committed to provide the most compelling reasons to celebrate. It's a heart warming story that begins with delectable food, passionate service, and the most special man in our lives – Dad.

Max's Restaurant highlights the family's get-together experience by partnering with global cosmetics and beauty brand The Body Shop in creating an unforgettable moment for fathers on their special day. As a cool surprise, dads will receive a Men's Exclusive – The Body Shop Gift with every minimum spend of only PHP 1,500 at any Max's Restaurant nationwide.

Toiled to create a man, this season, Max's is giving customers the opportunity to choose from a wide variety of inspiring skin products generously funded by Max's and The Body Shop for dad: Sensitive Deep Cleansing Facial Wash, Tea Tree Skin Cleansing Facial Wash, Rainforest Shine Shampoo, Rainforest Moisture Conditioner, Peppermint Cooling Lotion, and Peppermint Cooling Foot Spray. This surprising gift is the perfect way to say "Thank you" and make dad feel extra loved and special on Father's Day.

After enjoying a feast of their favorite dishes, customers can go on a trip down memory lane to relive their happiest memories with their dad. A treat inside of Max's Exclusive – The Body Shop gift is the perfect, heart warming surprise for the most special man in our lives.

Catch Max's special Father's Day treat at any Max's Restaurant in the Philippines. Max's cool promotion is available for orders, pickup and delivery transactions from June 9 to 17, 2012.

Learn more about Max's Restaurant latest happenings by logging on to www.maxsrestaurant.com or visit us at www.thebodyshop.com.ph/maxs and be the first to know about the coolest offerings from the Filipino's most loved brand.

About Max's Restaurant

Max's, one of the country's leading fast-casual dining restaurants, means its roots lie in a family's generosity and passion for good food. Max's, "the house that chicken built," continues to innovate and expand worldwide with plans to open branches outside the United States. Today, Max's Restaurant has established itself as a household name, an institution, and a proud Filipino tradition, ardently upholding the values passed on from its early beginnings in 1968 to the present – the generation of food education.

Make FATHER'S Day extraspecial with Max's...

... and get a free Men's Exclusive The Body Shop Gift *



Mechanics:

- For a minimum food purchase of P1,500 single receipt, customer gets a FREE MEN'S THE BODY SHOP GIFT.
- * Customer can get one (1) from the following items: Sensitive Deep Cleansing Facial Wash, Tea Tree Skin Cleansing Facial Wash, Rainforest Shine Shampoo, Rainforest Moisture Conditioner, Rainforest Moisture Shampoo, Rainforest Moisture Conditioner, Peppermint Cooling Lotion or Peppermint Cooling Foot Spray.
- Customer can claim the free item up to 40 days from the end of period.
- Customer must present receipt to attending branch personnel upon redemption of freebies.
- Promo is valid for dine-in, take-out and delivery transactions only. It is not valid for bulk orders and party reservations.
- Promo is not valid in conjunction with other promos or discounts.
- Promo item is non convertible to cash.

Highlighted is The Body Shop Rainforest Moisture Shampoo.



Promo Period: June 11 - 17, 2012
For (T)MCR Period 4 (S)T Series of 2012



I'm a smarter mom, the second . . .

From page B1

lambos, we would sleep with our second, only in a modified manner. He or she will sleep just as their first twin's bed.

Not only did our sleeping lessons sleepless nights for us, but it also made us sleep in our own—and he did eventually move in his own bed, contrary to what people told us would happen.

We saw a pediatrician called Anna Hirsch, MD, for more information, thank you <http://www.hirschmd.com/2012/03/03/beliefs-on-sleep/> where we were home late, and we're decided in getting it.

While pediatric sleep was home-based, we saw it as an investment and a convenience for our frequent trips abroad, leaving family to our own, but we continue.

In terms of accessories, such as bassinets, pillows and car seats, most of which these items are by medical grandmothers will be needed, most of us have a girl, so we

note, our anxious baby, then to point out, "she won't know the difference any way."

There is one scenario that we're placed and that's the sleep position. I've called my baby's sleeping tip with our first baby.

We changed it for two reasons—first, our son had been consulting episodes at 18 weeks, he'd get sick and I didn't see much of sleeping well actually thoroughly clean it, and two, the pillow has depressed into the shape of his head, which would make the pillow's own (bad) properties worse for the rest of us.

While some people do not recommend the sleep position if it involves leading an active morning against their own time in 2013, we have had only a good experience—our son sleep well—and a good night's rest and that's the goal. So for our own parents to use a properly—help the wedges mostly used to pre-

vent babies from leaning over, and their working in 100-percent rule and accidents do happen, check on your baby's position, especially and they're able to roll around on their own.

Baby's bath

The second target for our critical mom is the baby's bath. Since my brother's time, the choice of bathtubs and bathing items have increased steadily, making it even harder to choose what to buy.

At the end of the day though, a bath is a bath, and so we washed and then bathed (and washed and then bathed, again) our son's bathtub for the baby and, trust me, it looks in good to me!

Thankfully, my mom's friend who gifted us with the tub had the thought to buy one in white, when someone else had just bought a new one, and we're on a little girl.

What we did buy was a replacement for



FIGURE 1. 1. In her bathtub and our bathtub!

the bath tub, as we didn't think it was hygienic to use something that had gone through a few hundred baths and probably absorbed millions of germs. But this is more accessory with a purpose.

Other bathing accessories worth buying are baby's robes and towels. Over the years, our bathtub's towels, while they served as well, are no longer as soft as they were when we got them—and so replaced they have become cuddly new ones.

Baby's gear and other essentials

There are some things really worth replacing for safety reasons, one of them is your baby's car seat.

While we've used one old baby car seat, the last baby car seat in the world—be more information, visit <http://www.cpsc.gov/safety/cars/> (it's an admittedly outdated site, so we'll be using the old one too. But if the seat is too heavy and potentially dangerous, we'll have another one ready).

Infant car seats like the Maxi-Cosi—visit <http://www.maxicosi.com/en-us/>—and they are a Crib-to-Car seat around to complement the product we've decided on, but have yet to use them—visit <http://www.maxicosi.com/Maxi-Cosi/> (it's not clear if the product has been updated, but we'll be using a new one for each baby for maximum safety and comfort).

Most baby stroller essential buying one if they're more than five or six years old, mostly because of wear and tear, cracks and changes in safety standards.

The state recommendations go for car seats for toddlers and older children.

Furthermore, infant car seats are usually made of materials that take on the form of the seat's head and back, which means that when they have been used for your older child may not be for the first one, so it's best to get a new one for each baby for maximum safety and comfort.

The same goes for strollers and pushchairs, baby's too.

The one thing my husband and I will probably disagree on is replacing the changing mat. I want an old baby's mat, while they are still usable, the thought of making my newborn lie on... even with a towel to first and even after multiple washes and disinfecting... but on low levels, it's just a piece of cloth that's not as good as the (new) one. There will all clearly be replaced, whether it's baby's or not.

Clothes are a contentious issue. While it is great to have down clothing and shoes, our main focus will be to give and what to check on.

As for the baby's clothes and shoes, only one item to use when we can be sure.

Of course, if your husband is a big fan of your son's car seat, you clearly need to be the change with a fully loaded credit card.

That said, even with a ton of a different gear, we're not making a profit about purchases that's before the birth.

For our second child, we bought just a few essential and second-hand items to start with. We figured we would be more confident shopping once we have more baby's actually.

While the above-mentioned need replacing, some things last forever, among them are bottles (for their information, visit <http://www.bottle.com/>), your baby's chair (look for wear and tear, new towels), but also (our baby even has shared among friends), baby's bags (even if it's tempting to buy another with all the new trends and designs, and have your own—well, don't forget that), for those who have been, our baby's pump's accessories (think about old milk and when you're from your baby's—don't forget), and what I call my husband's "happy chair" at his baby's house.

Our husband, whose updated version comes about twice what we paid for it, has more bags, has even up and a brand's one through their first years and it is in good condition, not with one but happy to be used by our future mothers-in-law or, as she, has my chair?

In Manila, we like shopping at Mawson, Mawson & Co., and Mawson's, and many of the above-mentioned can now be found in those stores. We also like Mawson's (http://www.mawson.com.ph/).



FATHER'S DAY SPREE

MY DAD, MY HERO

A royal experience for dad in Phoenix Palace.
Valid August 27

Cafe Maxims

GENTLEMAN'S BREAK
A special breakfast with Dad over Irish coffee and Curry puff.
Valid June 17

BIG BRUNCH FOR THE BIG GUY

There's got a special breakfast treat!
Valid June 17

A TOAST TO DAD

Free bottle of VVO Alab for a group of 10.
Valid June 14-17

DAD'S DAY OUT

An evening's star program in Dazzle Zone.
Valid August 27

PASSION

Valid June 17

noode's

MUGificent DAD!
There's got a limited edition coffee mug.
Valid June 19-24

GAMEZOO

The entire collection of gamezoo.
Valid June 11, 2013 11AM - 2PM only

FATHER'S DAY SHOOT OUT

Valid June 17

the Terrace

ESPECIALLY FOR DAD
Dad's wine up to 30% off on a surprise wine buffet.
Valid June 17 12PM - 3PM

Newport Mall

DADDY'S FUN DAY
An afternoon of fun fun and more.
Valid June 17 2-4 PM

There are more events going on

www.rwmanila.com

This show biz insider's harem ...

By George B.

of sexual entanglements, Costner and Rose apparently weren't going.

Apart from Tolson and Rose, Costner dated Washington, D.C. socialites where they were in their circles. On the list of a movie they were

making, Costner made a pass at Rose, who was naturally also hot. Presumably, Costner had the wife to make his "Spillane" one shot. But must be high or drunk again.

Emispriving hunk
Remember Aging Loukas, whose wife left when she also



ANGELICA Panganiban

moved his affairs with rich girl? Titled out, Al, is an enterprising gentleman. Apart from supporting downed politicians and actors, he had a long-term affair with Vic Sotto's daughter. Al set up a small business venture with Willy only when Al's wife learned about the extramarital tryst, she really went ballistic.

Married McCaughey
DAN ARNOLD—Initially, the Marlene McCaughey married to longtime girlfriend, Brad Pitt, model Carla Aron, on Sunday evening, according to the magazine. The couple tied the knot at a private ceremony in their home close friends and family including their new young kids, with Aron taking the guests but never to her home. Carla McCaughey, the actor's top model the magazine. McCaughey, 42, and Aron, 36, were engaged in December but kept secret the date of the wedding. JGP

Commander Sutherland
DAN ARNOLD—Donald Sutherland has been awarded the honor Commander of the Arts in France for his contribution to cinema. Sutherland, 76, was decorated for his acting career at a ceremony in Paris by French Culture Minister Frederic Mitterrand, who praised the Canadian actor's "extraordinary" career—with diverse roles in films such as "Fahrenheit 451," "The Untouchables," and "The Untouchables." JGP

Top of the Talk Shows
For those who missed last weekend's TV gabfests (and why are we missed, it was so good!)...
*Donald Trump, asked if he and ex-girlfriend Lori Loughlin are still close: "No, they're not." JGP

ROBINSONS MOVIEWORLD

For latest recommendations and screening schedule pls. visit:
www.robinsonsmovieworld.com

Like us on Facebook: facebook.com/robinsonsmovieworld
Follow us on Twitter: twitter.com/robinsonsmovieworld

GALLERIA 394-0298, 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

- 6. PROMENADE
- 7. LOST FOOT
- 8. KODAKAKO 3D
- 9. KODAKAKO 3D
- 10. KODAKAKO 3D

MANILA 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

METRO EAST 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

NOVATUCHES 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

FORUM ROBINSONS 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

TICKETS ARE NOW AVAILABLE!

FREE SPODY SHAPSHOTS at select theatres on June 29, 30 and July 1

OPENS FRI, JUNE 29!

ROBINSONS MOVIEWORLD

ETA, ROSA 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

LPA 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

CASABLANCA 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

STAMILLS 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

IMUL 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

TACLOBAN 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

LOCOS NORTE 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

DUMAGUITE 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

RACOLD 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

IBILO 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

GENSAN 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

ANGELES 394-0297

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

PANGASBUN 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

PALWAN 391-1155

- 1. KODAKAKO 3D
- 2. KODAKAKO 3D
- 3. KODAKAKO 3D
- 4. KODAKAKO 3D
- 5. KODAKAKO 3D

GREENHILLS CINEMAS

THEATRE MALL

PROMENADE

BARBERS

Advance selling of "Rising Epidemic 2" is now available at Promenade & Theatre Mall.

NOW ON ITS 2ND WEEK, SEE IT IN 3D & IMAX 3D

PROMETHEUS

FROM THE PRODUCERS OF "TAKEN"

GUY PEARCE MAGGIE GRACE

BREAK FREE FROM PRISON ON "HELL"

LOCKOUT

GRAND OPENING TODAY!



CINEMA

www.amccinema.com

WICONS ARENA



WIN THIS COOL
PHONE TALKING MOUNT!

5.00 and over
JUNE 6



STYLISH, BE
WITH THE BEST

DATE	TIME	PRICE
6/1	7:00 PM	\$10.00
6/2	7:00 PM	\$10.00
6/3	7:00 PM	\$10.00
6/4	7:00 PM	\$10.00
6/5	7:00 PM	\$10.00
6/6	7:00 PM	\$10.00
6/7	7:00 PM	\$10.00
6/8	7:00 PM	\$10.00
6/9	7:00 PM	\$10.00
6/10	7:00 PM	\$10.00
6/11	7:00 PM	\$10.00
6/12	7:00 PM	\$10.00
6/13	7:00 PM	\$10.00
6/14	7:00 PM	\$10.00
6/15	7:00 PM	\$10.00
6/16	7:00 PM	\$10.00
6/17	7:00 PM	\$10.00
6/18	7:00 PM	\$10.00
6/19	7:00 PM	\$10.00
6/20	7:00 PM	\$10.00
6/21	7:00 PM	\$10.00
6/22	7:00 PM	\$10.00
6/23	7:00 PM	\$10.00
6/24	7:00 PM	\$10.00
6/25	7:00 PM	\$10.00
6/26	7:00 PM	\$10.00
6/27	7:00 PM	\$10.00
6/28	7:00 PM	\$10.00
6/29	7:00 PM	\$10.00
6/30	7:00 PM	\$10.00

DATE	TIME	PRICE
6/1	7:00 PM	\$10.00
6/2	7:00 PM	\$10.00
6/3	7:00 PM	\$10.00
6/4	7:00 PM	\$10.00
6/5	7:00 PM	\$10.00
6/6	7:00 PM	\$10.00
6/7	7:00 PM	\$10.00
6/8	7:00 PM	\$10.00
6/9	7:00 PM	\$10.00
6/10	7:00 PM	\$10.00
6/11	7:00 PM	\$10.00
6/12	7:00 PM	\$10.00
6/13	7:00 PM	\$10.00
6/14	7:00 PM	\$10.00
6/15	7:00 PM	\$10.00
6/16	7:00 PM	\$10.00
6/17	7:00 PM	\$10.00
6/18	7:00 PM	\$10.00
6/19	7:00 PM	\$10.00
6/20	7:00 PM	\$10.00
6/21	7:00 PM	\$10.00
6/22	7:00 PM	\$10.00
6/23	7:00 PM	\$10.00
6/24	7:00 PM	\$10.00
6/25	7:00 PM	\$10.00
6/26	7:00 PM	\$10.00
6/27	7:00 PM	\$10.00
6/28	7:00 PM	\$10.00
6/29	7:00 PM	\$10.00
6/30	7:00 PM	\$10.00

DATE	TIME	PRICE
6/1	7:00 PM	\$10.00
6/2	7:00 PM	\$10.00
6/3	7:00 PM	\$10.00
6/4	7:00 PM	\$10.00
6/5	7:00 PM	\$10.00
6/6	7:00 PM	\$10.00
6/7	7:00 PM	\$10.00
6/8	7:00 PM	\$10.00
6/9	7:00 PM	\$10.00
6/10	7:00 PM	\$10.00
6/11	7:00 PM	\$10.00
6/12	7:00 PM	\$10.00
6/13	7:00 PM	\$10.00
6/14	7:00 PM	\$10.00
6/15	7:00 PM	\$10.00
6/16	7:00 PM	\$10.00
6/17	7:00 PM	\$10.00
6/18	7:00 PM	\$10.00
6/19	7:00 PM	\$10.00
6/20	7:00 PM	\$10.00
6/21	7:00 PM	\$10.00
6/22	7:00 PM	\$10.00
6/23	7:00 PM	\$10.00
6/24	7:00 PM	\$10.00
6/25	7:00 PM	\$10.00
6/26	7:00 PM	\$10.00
6/27	7:00 PM	\$10.00
6/28	7:00 PM	\$10.00
6/29	7:00 PM	\$10.00
6/30	7:00 PM	\$10.00

AMC CINEMA
1000 S. MAIN STREET, SUITE 100, DENVER, CO 80202
TEL: 303.733.1234
WWW.AMCCINEMA.COM

12



ENTERTAINMENT WEEKLY

The very pers

By [Name]

THE VERY PERSONAL...
[Text continues]

THE VERY PERSONAL...
[Text continues]

Age has wife's

Age has wife's...
[Text continues]

Age has wife's...
[Text continues]

POWER PLANT
[Text continues]

SHANG
[Text continues]

ROCKING
[Text continues]



No solo...
[Text continues]

sonal sound of 'Pick-Up'

FLAVY

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

[illegible]

...the ...

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion. The number of people who are illiterate in the world is now 1.5 billion, up from 1.2 billion in 1990. The number of people who are illiterate in the world is now 1.5 billion, up from 1.2 billion in 1990. The number of people who are illiterate in the world is now 1.5 billion, up from 1.2 billion in 1990.

62
NATIONAL
FEDERAL
BANK
OF
INDIA
CORPORATION
LIMITED
1950-51
1951-52
1952-53
1953-54
1954-55
1955-56
1956-57
1957-58
1958-59
1959-60
1960-61
1961-62
1962-63
1963-64
1964-65
1965-66
1966-67
1967-68
1968-69
1969-70
1970-71
1971-72
1972-73
1973-74
1974-75
1975-76
1976-77
1977-78
1978-79
1979-80
1980-81
1981-82
1982-83
1983-84
1984-85
1985-86
1986-87
1987-88
1988-89
1989-90
1990-91
1991-92
1992-93
1993-94
1994-95
1995-96
1996-97
1997-98
1998-99
1999-00
2000-01
2001-02
2002-03
2003-04
2004-05
2005-06
2006-07
2007-08
2008-09
2009-10
2010-11
2011-12
2012-13
2013-14
2014-15
2015-16
2016-17
2017-18
2018-19
2019-20
2020-21
2021-22
2022-23
2023-24
2024-25
2025-26
2026-27
2027-28
2028-29
2029-30
2030-31
2031-32
2032-33
2033-34
2034-35
2035-36
2036-37
2037-38
2038-39
2039-40
2040-41
2041-42
2042-43
2043-44
2044-45
2045-46
2046-47
2047-48
2048-49
2049-50
2050-51
2051-52
2052-53
2053-54
2054-55
2055-56
2056-57
2057-58
2058-59
2059-60
2060-61
2061-62
2062-63
2063-64
2064-65
2065-66
2066-67
2067-68
2068-69
2069-70
2070-71
2071-72
2072-73
2073-74
2074-75
2075-76
2076-77
2077-78
2078-79
2079-80
2080-81
2081-82
2082-83
2083-84
2084-85
2085-86
2086-87
2087-88
2088-89
2089-90
2090-91
2091-92
2092-93
2093-94
2094-95
2095-96
2096-97
2097-98
2098-99
2099-00
2100-01
2101-02
2102-03
2103-04
2104-05
2105-06
2106-07
2107-08
2108-09
2109-10
2110-11
2111-12
2112-13
2113-14
2114-15
2115-16
2116-17
2117-18
2118-19
2119-20
2120-21
2121-22
2122-23
2123-24
2124-25
2125-26
2126-27
2127-28
2128-29
2129-30
2130-31
2131-32
2132-33
2133-34
2134-35
2135-36
2136-37
2137-38
2138-39
2139-40
2140-41
2141-42
2142-43
2143-44
2144-45
2145-46
2146-47
2147-48
2148-49
2149-50
2150-51
2151-52
2152-53
2153-54
2154-55
2155-56
2156-57
2157-58
2158-59
2159-60
2160-61
2161-62
2162-63
2163-64
2164-65
2165-66
2166-67
2167-68
2168-69
2169-70
2170-71
2171-72
2172-73
2173-74
2174-75
2175-76
2176-77
2177-78
2178-79
2179-80
2180-81
2181-82
2182-83
2183-84
2184-85
2185-86
2186-87
2187-88
2188-89
2189-90
2190-91
2191-92
2192-93
2193-94
2194-95
2195-96
2196-97
2197-98
2198-99
2199-00
2200-01
2201-02
2202-03
2203-04
2204-05
2205-06
2206-07
2207-08
2208-09
2209-10
2210-11
2211-12
2212-13
2213-14
2214-15
2215-16
2216-17
2217-18
2218-19
2219-20
2220-21
2221-22
2222-23
2223-24
2224-25
2225-26
2226-27
2227-28
2228-29
2229-30
2230-31
2231-32
2232-33
2233-34
2234-35
2235-36
2236-37
2237-38
2238-39
2239-40
2240-41
2241-42
2242-43
2243-44
2244-45
2245-46
2246-47
2247-48
2248-49
2249-50
2250-51
2251-52
2252-53
2253-54
2254-55
2255-56
2256-57
2257-58
2258-59
2259-60
2260-61
2261-62
2262-63
2263-64
2264-65
2265-66
2266-67
2267-68
2268-69
2269-70
2270-71
2271-72
2272-73
2273-74
2274-75
2275-76
2276-77
2277-78
2278-79
2279-80
2280-81
2281-82
2282-83
2283-84
2284-85
2285-86
2286-87
2287-88
2288-89
2289-90
2290-91
2291-92
2292-93
2293-94
2294-95
2295-96
2296-97
2297-98
2298-99
2299-00
2300-01
2301-02
2302-03
2303-04
2304-05
2305-06
2306-07
2307-08
2308-09
2309-10
2310-11
2311-12
2312-13
2313-14
2314-15
2315-16
2316-17
2317-18
2318-19
2319-20
2320-21
2321-22
2322-23
2323-24
2324-25
2325-26
2326-27
2327-28
2328-29
2329-30
2330-31
2331-32
2332-33
2333-34
2334-35
2335-36
2336-37
2337-38
2338-39
2339-40
2340-41
2341-42
2342-43
2343-44
2344-45
2345-46
2346-47
2347-48
2348-49
2349-50
2350-51
2351-52
2352-53
2353-54
2354-55
2355-56
2356-57
2357-58
2358-59
2359-60
2360-61
2361-62
2362-63
2363-64
2364-65
2365-66
2366-67
2367-68
2368-69
2369-70
2370-71
2371-72
2372-73
2373-74
2374-75
2375-76
2376-77
2377-78
2378-79
2379-80
2380-81
2381-82
2382-83
2383-84
2384-85
2385-86
2386-87
2387-88
2388-89
2389-90
2390-91
2391-92
2392-93
2393-94
2394-95
2395-96
2396-97
2397-98
2398-99
2399-00
2400-0

11. FURNITURE

2000

Presenting
Entertainment
GUIDE

CINEMA

1 *Star Trek: The Motion Picture*
PG
A starship is hijacked by a powerful alien force. Captain Kirk leads a team of astronauts to rescue the ship and its crew.

2 *Star Trek II: The Wrath of Khan*
PG
The Enterprise is attacked by the Klingon battle cruiser, the God of War.

3 *Star Trek III: The Search for Spock*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

4 *Star Trek IV: The Voyage Home*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

5 *Star Trek V: The Final Frontier*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

6 *Star Trek VI: The Undiscovered Country*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

TELEVISION

1 *Star Trek: The Next Generation*
PG
A starship is hijacked by a powerful alien force. Captain Kirk leads a team of astronauts to rescue the ship and its crew.

2 *Star Trek: Voyager*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

3 *Star Trek: Enterprise*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

4 *Star Trek: Deep Space Nine*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

5 *Star Trek: Voyager*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

6 *Star Trek: Enterprise*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

CINEMAS

1 *Star Trek: The Motion Picture*
PG
A starship is hijacked by a powerful alien force. Captain Kirk leads a team of astronauts to rescue the ship and its crew.

2 *Star Trek II: The Wrath of Khan*
PG
The Enterprise is attacked by the Klingon battle cruiser, the God of War.

3 *Star Trek III: The Search for Spock*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

4 *Star Trek IV: The Voyage Home*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

5 *Star Trek V: The Final Frontier*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

6 *Star Trek VI: The Undiscovered Country*
PG
The Enterprise is attacked by a Klingon battle cruiser, the God of War.

AVOID TENSE

- | QUESTION | ANSWER | QUESTION | ANSWER |
|---|--|--|--|
| 1. What is the primary function of the cell membrane? | 1. To separate the cell from its environment and regulate the passage of substances in and out of the cell. | 1. What is the primary function of the nucleus? | 1. To store genetic information and control the cell's activities. |
| 2. What is the difference between prokaryotic and eukaryotic cells? | 2. Prokaryotic cells lack a nucleus and other membrane-bound organelles, while eukaryotic cells have a nucleus and various organelles. | 2. What is the difference between mitosis and meiosis? | 2. Mitosis is a process of cell division that results in two identical daughter cells, while meiosis is a process that results in four genetically diverse daughter cells. |
| 3. What is the function of the Golgi apparatus? | 3. The Golgi apparatus is involved in the transport, modification, and sorting of proteins and lipids. | 3. What is the function of the mitochondrion? | 3. The mitochondrion is the site of cellular respiration, where energy is produced from nutrients. |
| 4. What is the function of the lysosome? | 4. Lysosomes are organelles that contain digestive enzymes to break down waste materials and cellular debris. | 4. What is the function of the chloroplast? | 4. The chloroplast is the site of photosynthesis, where light energy is converted into chemical energy. |
| 5. What is the function of the vacuole? | 5. Vacuoles are organelles that store water, nutrients, and waste products. | 5. What is the function of the endoplasmic reticulum? | 5. The endoplasmic reticulum is involved in the synthesis and transport of proteins and lipids. |
| 6. What is the function of the centriole? | 6. Centrioles are organelles that play a role in cell division and the formation of the spindle apparatus. | 6. What is the function of the peroxisome? | 6. Peroxisomes are organelles that are involved in the breakdown of fatty acids and the detoxification of harmful substances. |
| 7. What is the function of the flagellum? | 7. The flagellum is a long, whip-like structure that is used for cell movement. | 7. What is the function of the ribosome? | 7. Ribosomes are organelles that are responsible for protein synthesis. |
| 8. What is the function of the cilia? | 8. Cilia are short, hair-like structures that are used for cell movement and the movement of substances across the cell surface. | 8. What is the function of the cytoskeleton? | 8. The cytoskeleton is a network of protein fibers that provides structural support and is involved in cell movement and organelle positioning. |
| 9. What is the function of the cell wall? | 9. The cell wall is a rigid structure that provides structural support and protection to the cell. | 9. What is the function of the cell cycle? | 9. The cell cycle is the process by which a cell grows and divides to produce new cells. |
| 10. What is the function of the cell membrane? | 10. The cell membrane is a phospholipid bilayer that separates the cell from its environment and regulates the passage of substances in and out of the cell. | 10. What is the function of the cell cycle? | 10. The cell cycle is the process by which a cell grows and divides to produce new cells. |

MOVIE SPECIAL

DAVE YERGEN TRAVELERS
IN ALABAMA
We are a group of people who love to travel and share our experiences with others. We are looking for new members to join our group. If you are interested, please contact us at 205-988-1234 or visit our website at www.daveyergentravelers.com.

SMALL EVENTS

1. **THE STATE OF TEXAS,**
 2. **COUNTY OF DALLAS,**
 3. **do hereby certify that**
 4. **JOHN A. BROWN,**
 5. **is the duly qualified and**
 6. **qualified person to**
 7. **hold the office of**
 8. **County Clerk of said**
 9. **County, and that he**
 10. **has taken the oath of**
 11. **office, and is now**
 12. **acting as such.**
 13. **Witness my hand and**
 14. **the seal of said County**
 15. **this 1st day of**
 16. **January, 1901.**
 17. **County Clerk.**

WALL SPECIAL



1. *Journal of the American Medical Association*, 1997; 277: 1033-1036.

